

Beverage Caffeine Content of 12-ounces beverage milligrams

Beverage	Amount of Caffeine in milligrams
Red Bull (8.2 oz)	80.0
Jolt	71.2
Pepsi One	55.5
Mountain Dew	55.5
Mountain Dew Code Red	55.5
Diet Mountain Dew	55.5
Kick Citrus	54.0
Mellow Yellow	52.8
Surge	51.0
Tab	46.8
Diet Coke	45.6
Diet Coke with Lemon and Diet Coke with Lime	45.6
Diet Vanilla Coke	45.6
Shasta Cola	44.4
Shasta Cherry Cola	44.4
Shasta Diet Cola	44.4
RC Cola	43.0
Diet RC	43.0
Diet Sunkist Orange	41.0
Mr. Pibb	40.0
Sugar-Free Mr. Pibb	40.0
Red Flash	40.0
Sunkist Orange	40.0
Slim-fast Cappuccino Delight Shake	40.0
Ruby Red	39.0
Big Red	38.0
Storm	38.0
Wild Cherry Pepsi	38.0
Pepsi-Cola	37.5
Pepsi Twist	37.5
Diet Pepsi	36.0
Diet Wild Cherry Pepsi	36.0
Diet Pepsi Twist	36.0
Aspen	36.0
Coca-Cola Classic	34.0
Coke C2	34.0
Cherry Coke	34.0
Lemon Coke	34.0
Vanilla Coke	34.0
Diet Cherry Coke	34.0
Snapple Flavored Teas (Reg. or Diet)	30.0
Canada Dry Cola	30.0

Beverage	Amount of Caffeine in milligrams
A & W Crème Soda	29.0
Nestea Sweet Iced Tea	26.0
Nestea Unsweetened Iced Tea	26.0
Barq's Root Beer	23.0
A&W Diet Crème Soda	22.0
Slim-fast Chocolate Flavors	20.0
Snapple Sweet Tea	12.0
Lipton Brisk, All Varieties 9 Canada Dry Diet Cola	1.2
Diet Rite Cola	0
7-Up	0
Sprite	0
Mug Root Beer	0
Diet Barq's Root Beer	0
Sun Drop Orange	0
Minute Mid Orange	0
A&W Root Beer	0
Slice Sierra Mist	0
Fresca	0

Beverage	Amount of Caffeine Milligrams
Brewed Coffee	85
Instant Coffee	60
Decaffeinated Coffee	5
Coffee, tall Starbucks	375 mg
Coffee, grande Starbucks	500 mg
Espresso, Starbucks	35 mg
Tea, green or instant	30
Tea, leaf or bag	50 mg
Arizona Iced Tea-assorted flavors	15-30 mg
Nestea Pure Lemon Sweetened Iced Tea	22mg
Cocoa	5
Herbal Teas	0
Bottle Water	0

"Caffeine Content of Popular Drinks" 14 June 2006 Wilstar 2006. <<http://wilstar.com/caffeine.htm>> "Caffeine Content of Foods and Drugs." 12 June 2006 Nutrition Action Health letter 1996. <http://www.cspinet.org/nah/caffeine/caffeine_content.htm>